

# Using Restorative Approaches to Build Resilience in Schools

Fostering strength and healing in educational environments.

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# What is Resilience?

## **Definition of Resilience**

Resilience is the ability to bounce back from challenges and setbacks positively and confidently.

## **Resilience in Children**

Children learn to manage disappointments, changes, and conflicts by practicing resilience daily.

## **Building Resilience**

Resilience grows stronger with practice, helping children stay calm, think clearly, and find solutions.

## **Positive Outcomes**

Understanding resilience boosts children's confidence and capability to face tricky life situations.



# What are Restorative Approaches?

## **Collaborative Problem Solving**

Restorative approaches focus on talking and listening to solve problems collaboratively with **NO blame, NO shame** or punishment.

## **Creating Safe Spaces**

These approaches create safe spaces where children can share thought, feelings, understand others, and find fair solutions.

## **Building Trust and Empathy**

Restorative methods help build trust, empathy, and stronger relationships among children.

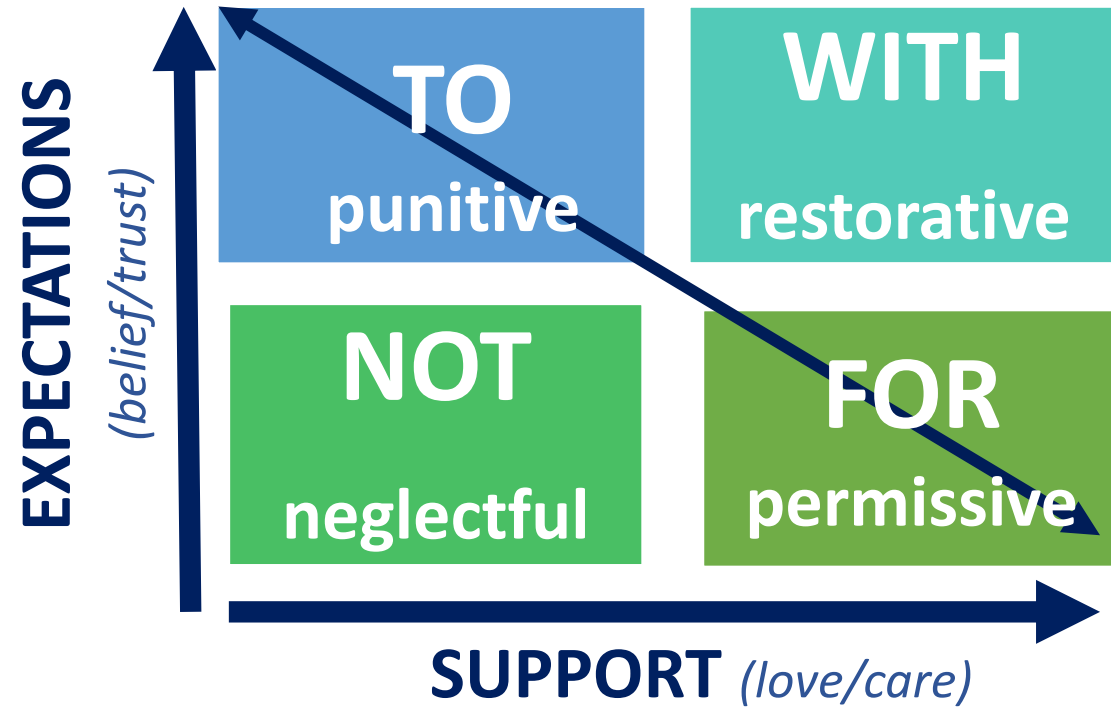
## **Enhancing Conflict Skills**

Children learn to handle conflicts better, express themselves, and support peers through restorative practices.



# The Four Choices Window

adapted McCold and Wachtel,  
2001



# The Four Choices Window

## **TO Interaction**

One person directs another without seeking their input, limiting engagement and collaboration.

## **FOR Interaction**

Doing tasks for others, preventing them from learning and growing independently.

## **NOT Interaction**

Characterised by absence of help or communication, often leading to feelings of isolation.

## **WITH Interaction**

Promotes collaboration, shared ideas, and mutual support, building strong relationships and resilience.



# Reflection Point

What thoughts and feelings have had an impact on your actions/behaviours recently ?



# Talking about Feelings

## **Accepting Emotions**

It's normal to feel sad, mad, or confused sometimes; everyone experiences emotions.

## **'I Feel' Statements**

Using 'I feel...' statements helps children express emotions clearly and be understood.

## **Building Resilience and Empathy**

Talking about feelings builds resilience and empathy by encouraging listening and kindness.

## **Supportive School Environment**

Schools that encourage respectful emotional expression create safe and trusting environments.





# Circle Time& Storytelling

## **Circle Time Sharing**

Children sit in a circle taking turns sharing moments of strength or happiness to build resilience.

## **Role of Talking Piece**

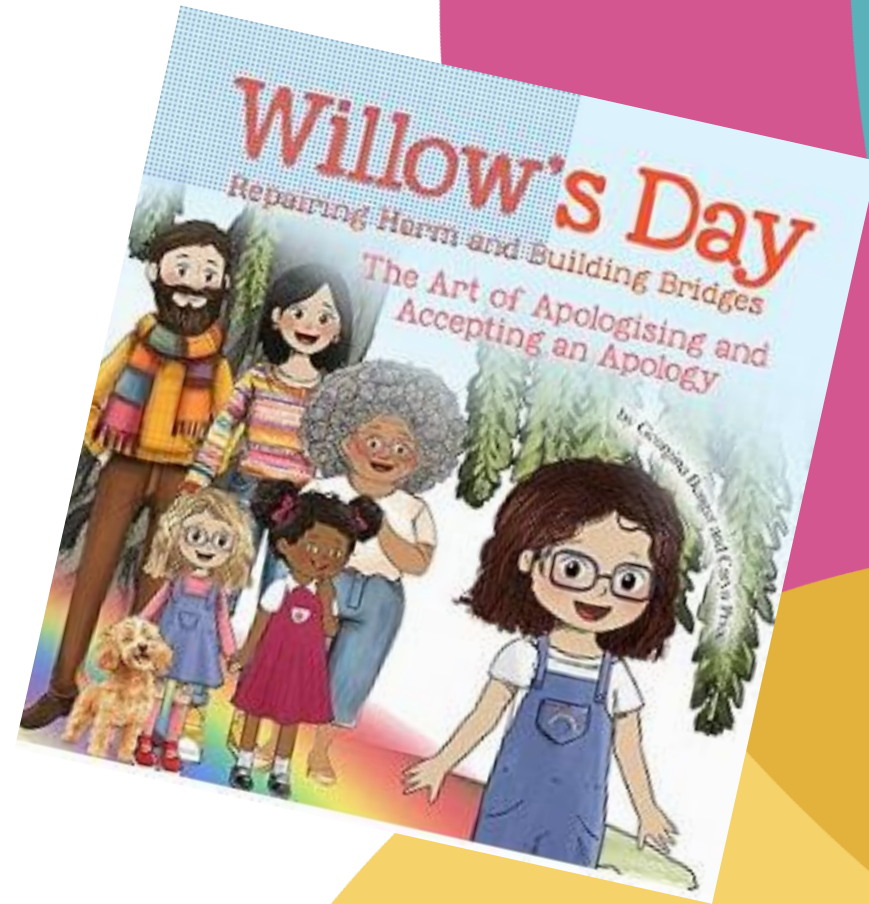
The talking piece guides respectful listening by indicating whose turn it is to speak during circle time.

## **Storytelling for Learning**

Stories about challenges and calm responses help children understand resilience and emotional growth.

## **Building Emotional Intelligence**

Sharing experiences fosters community, emotional intelligence, and communication skills among children.





# Restorative Conversations

A restorative conversation is a friendly talk that helps people fix problems and feel better. It's about listening to each other, understanding feelings, and finding a fair way to make things right using 5 questions:

- What happened?
- What were you thinking & feeling?
- Who has been affected & how?
- What needs to happen to make things right?
- What will you do differently in the future?



# **Breakout rooms**

## **Questions for group reflection:**

**How can restorative approaches support staff resilience?**

**What barriers exist in your school?**

**What small changes could you make?**



# Any Questions



**Please provide  
some feedback**

